

# Kick Your Worries to the Curb



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Did you know that excessive worry can shorten your lifespan? All of those pent-up emotions and fears that haunt you every day are taking a serious toll on your [health](#).

Worry is, in the majority of cases, unfounded fear that something bad will happen to you. Your bottled-up emotions are telling you that if you don't respond appropriately to perceived threats, the result is nothing short of a disaster. As the potentially negative scenarios play over and over in your head, all of that stress and worry chips away at your mental and physical well-being. No one can live like that on an extended basis.

Excessive worry can affect your [relationships](#), your job performance, and even more importantly, your health. If you don't kick your worry habit soon, those hostile emotions will wreak havoc on your immune system. Let's take a look at some suggestions to help get you started.

1. Try to surround yourself with positive people as much as you can. When you're worried about something in your life, the last thing you need is to spend time with negative people. You don't need that extra drama in your life.
2. Listen to soothing music every day. When you feel like you're being pulled in several different directions, calming music is a pleasant and appealing distraction. Find a favorite CD, put on your

earphones, and tune out the negativity. It's even better if you sing along. Take 30 minutes out of your busy day, retreat to a room by yourself, and let the music lull you into a calmer state of mind.

3. Try a fun DIY project. Art, like music, can awaken your creative spirit and distract you from negative feelings. Pinterest is a good source for discovering new creative projects you can try at home.

4. Become a volunteer. Volunteers donate many hours of their time to give selflessly to others. The more time you spend helping others, the less time you have to worry.

5. You need to exercise. Exercise is an excellent way to reduce the stress in your life. A 30-minute workout or a pleasant walk around the neighborhood a few times a week can do wonders for your well-being.

6. Create an "I like me" wall. When you worry, you often feel like you're unworthy of [love](#) and respect. Your self-esteem reaches an all-time low as depressing scenarios cloud your thoughts. One positive way to overcome low self-esteem is to set up an "I like me" wall. This activity may seem boastful at first, but it can have a very positive result on your subconscious. Dig out those trophies and certificates of achievement and hang them on your wall. Design a colorful collage highlighting a collection of positive comments you've gotten from past clients. Display the collage in a place where you have to see it every day.

If excessive worry becomes debilitating, you need to see your doctor. However, in most cases, all you need to do is slow down and remember the above suggestions to help kick your worries to the curb.

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